



Garlic Lemon Salmon or Tempeh Recipe

INGREDIENTS

- 130g salmon, tempeh, or chicken
- 3/4 cup brown rice
- 1/2 cup bell pepper strips
- 1/2 cup green beans
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp lemon juice

INSTRUCTIONS

1. Cook brown rice.
2. Stir-fry bell pepper and green beans in sesame oil with garlic.
3. Cook salmon or tempeh in a pan with garlic and lemon juice until done.
4. Serve everything over brown rice.

A quick and healthy dinner option